



Heartful Living

Receiving Through the Heart a Body Meditation Practice

This process is designed to create an inner state which pervades your emotions, mind, body and spirit - enabling you to actively receive.

It is a meditative process which you can do as a full exercise initially. When you have done it a few times it will start to settle into your system and you will be able to distil the feeling that you get from the exercise so that you can do it anywhere, anytime that you want to be open to receive.

You can do this exercise either standing or sitting, with eyes open or closed.

Make yourself comfortable either sitting or standing, with your feet flat on the floor. Become aware of the floor supporting you and have the clear intention to be grounded and present in your body. Enjoy a sensation of breathing in and out of your heart with a gentle easy rhythm - taking in energy with your in breath and releasing any tension on the out breath.

Continue to breathe like this for a while and let it support you in feeling a deepening sense of calm, presence and peace.

As you breathe into your heart, feel your chest soften and expand... feel it open and relax. Let your shoulders drop, breathe with the full flow of your diaphragm and let the energy and life force you take in suffuse your whole body.





Relax into this more and more with each heart breath.

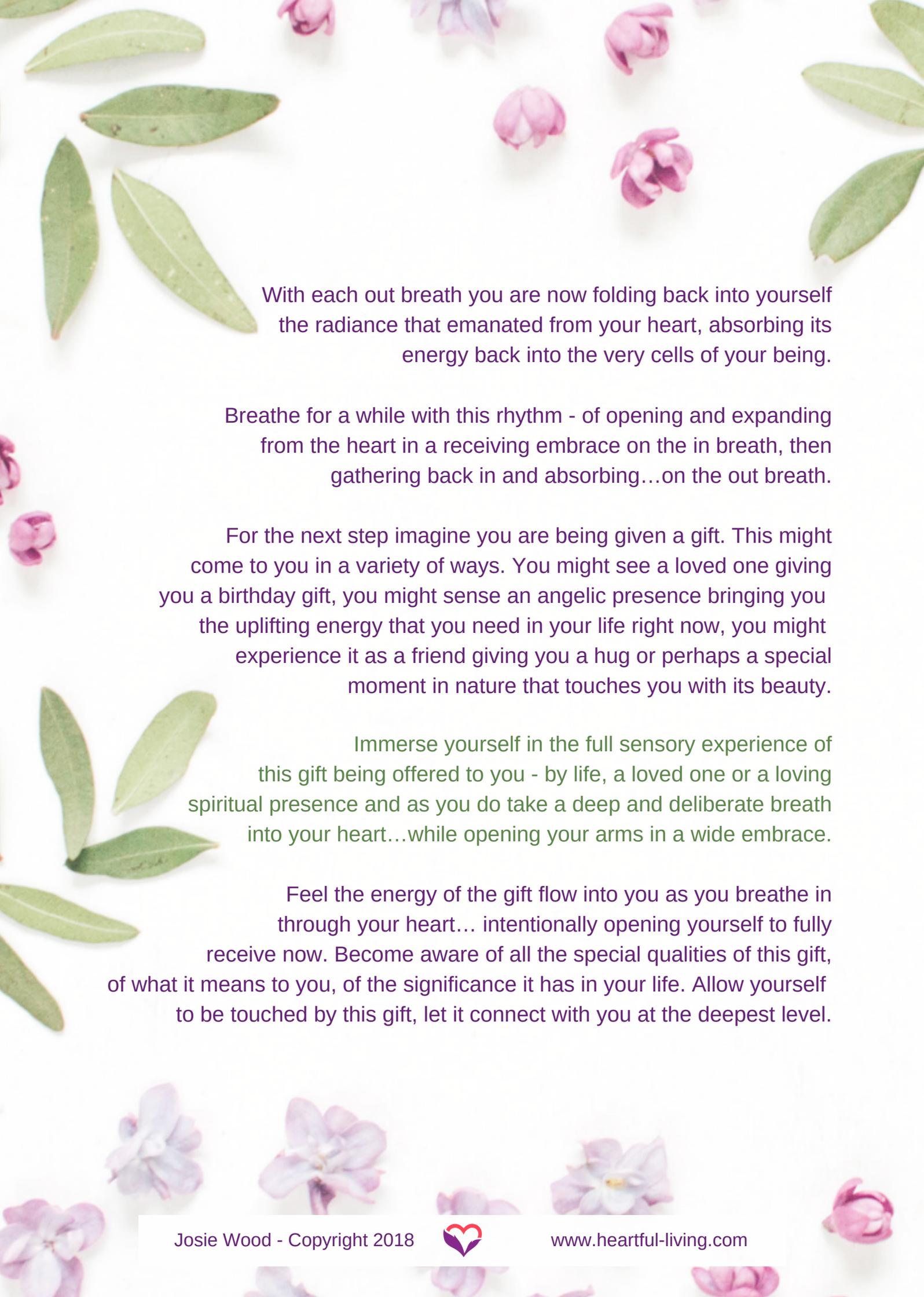
Now on the in breath expand your arms out to the sides. Do this slowly and deliberately. Let your arms unfold, with poise and beauty, in time with the slow and conscious pace of your in breath through the heart.

With your arms still outstretched, breathe out and fully let go through the heart. Allow this out breath to bring release, ease and softness to the inner space around your heart. With your arms still wide - breathe in again. This time extend your arms a little more, open your chest a little further and move your shoulders to feel the fullest expansion. Let your body guide you, let it show you how it wants to move to gain the greatest sense of unfolding. Feel the wonderful sensation of opening and creating inner space filled with peaceful relaxation.

Feel yourself opening like a flower, unfurling and unfolding to receive the light of the sun. Notice how your heart loves the opportunity to blossom. Feel how it starts to flourish and fill with inner power and potency.

Give your main focus to this process on the in breath and let each out breath bring even more softness and release.

Now make a shift to putting your focus on your out breath. With your next out breath fold your arms in over your chest, with your hands crossing over your heart. Do this slowly and deliberately, so that you are fully focused on the peaceful movement of your arms which follow the pace of your releasing breath.

The page is framed by a decorative border of pink flowers and green leaves. The flowers are scattered throughout, with some in the top and bottom corners and others along the sides. The leaves are primarily on the left and right sides, with some overlapping the text area.

With each out breath you are now folding back into yourself
the radiance that emanated from your heart, absorbing its
energy back into the very cells of your being.

Breathe for a while with this rhythm - of opening and expanding
from the heart in a receiving embrace on the in breath, then
gathering back in and absorbing...on the out breath.

For the next step imagine you are being given a gift. This might
come to you in a variety of ways. You might see a loved one giving
you a birthday gift, you might sense an angelic presence bringing you
the uplifting energy that you need in your life right now, you might
experience it as a friend giving you a hug or perhaps a special
moment in nature that touches you with its beauty.

Immerse yourself in the full sensory experience of
this gift being offered to you - by life, a loved one or a loving
spiritual presence and as you do take a deep and deliberate breath
into your heart...while opening your arms in a wide embrace.

Feel the energy of the gift flow into you as you breathe in
through your heart... intentionally opening yourself to fully
receive now. Become aware of all the special qualities of this gift,
of what it means to you, of the significance it has in your life. Allow yourself
to be touched by this gift, let it connect with you at the deepest level.



Let the part of you that knows how to fully receive flood your being and witness what it feels like to be truly open to the experience of receiving.

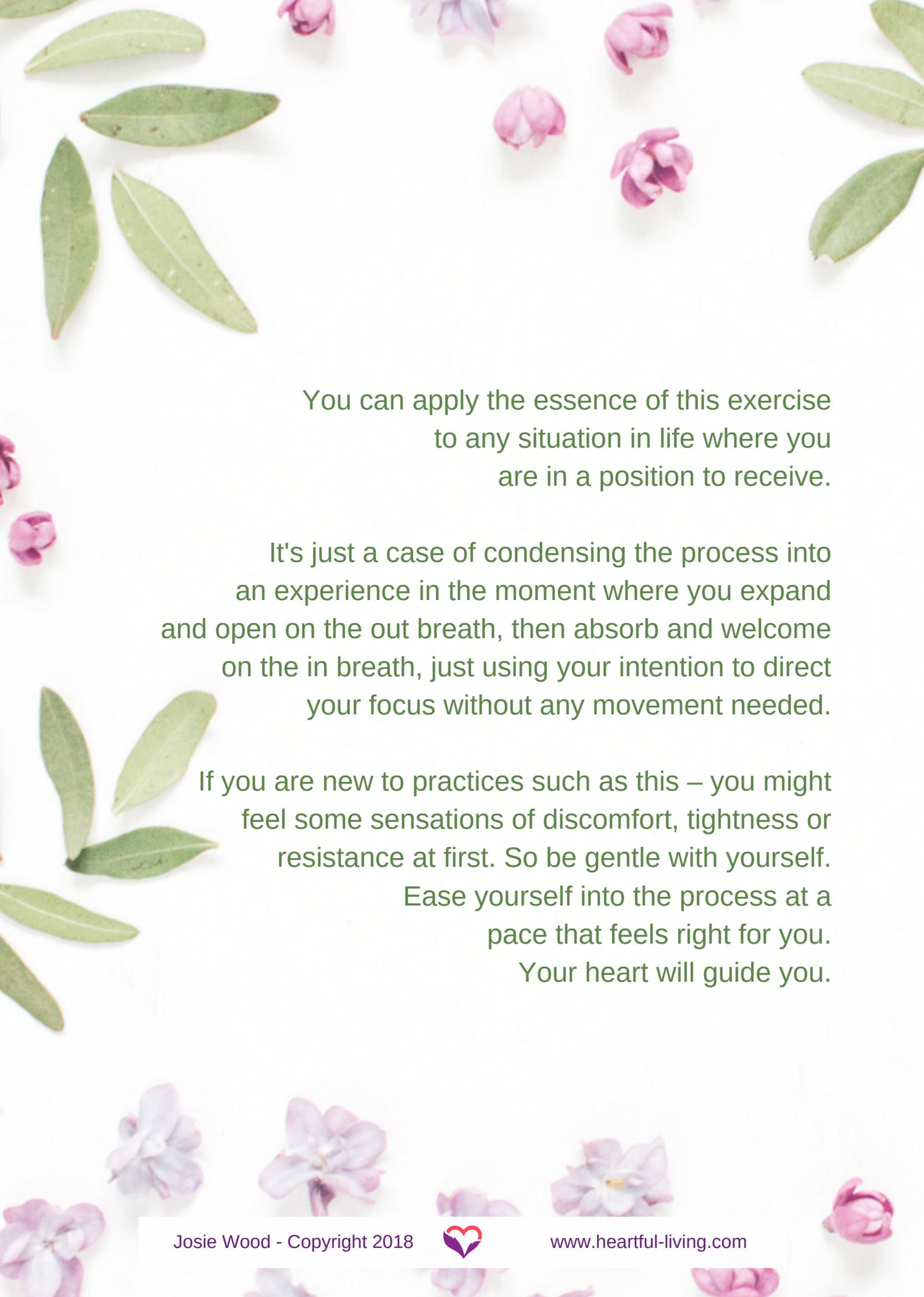
Welcome in the energy of the gift and feel yourself expand even more, knowing the true vastness of your heart as a vessel of receiving.

Now turn your attention again to your in breath. Focus on gathering all the energy contained in the gift into the vast vessel of your heart and breathe it in. Then feel its presence melt into you, as your body relaxes on the out breath...and you fold your arms over your chest with your hands over your heart.

Absorb the energy through your heart and let your heart radiate it through the rest of your being, to fill each part of you with the essence of the gift.

Take some time to enjoy this rhythm of opening with the in breath and absorbing on the out breath, with the particular gift from life that you have chosen to focus on.

Notice how your inner light expands as you do, notice how you become more connected with the love that you really are that knows what it is to cherish what you are receiving. Notice how you become a more radiant light in the world through the act of genuinely receiving through your heart.



You can apply the essence of this exercise
to any situation in life where you
are in a position to receive.

It's just a case of condensing the process into
an experience in the moment where you expand
and open on the out breath, then absorb and welcome
on the in breath, just using your intention to direct
your focus without any movement needed.

If you are new to practices such as this – you might
feel some sensations of discomfort, tightness or
resistance at first. So be gentle with yourself.
Ease yourself into the process at a
pace that feels right for you.
Your heart will guide you.